

## **Ten Health Reasons for Losing 10% of Your Weight**

10. Lowered risk of developing gallstones and gallbladder disease.
9. Lowered risk of sleep apnea.
8. Lowered risk of congestive heart failure. Excess weight puts stress on the heart and lungs.
7. Reduced risk of some types of cancers.
6. Less stress on your joints.
5. Lowered risks of heart disease, heart attacks, and stroke.
4. Reduced risk of developing diabetes and helps control blood sugar levels if you are already diabetic.
3. Reduced blood pressure.
2. Improved ability to move and to be active.
1. The #1 reason to lose weight is...You will feel better! Set a goal to lose 10% and 'Go For It'!



**MOVE! is a national VA program designed to help veterans lose weight, keep it off, and improve their health.**

### **Program Features:**

Intensive weight management program involving ongoing appointments in person or by phone to provide support

No co-pay

The MOVE team includes a dietitian, health psychologist, physical therapist, pharmacist, nurse and physician to help you reach your goals.

## **MOVE! Offers:**

### **Self Management Support**

- Support by phone or mail

### **Individual Counseling:**

- One-on-one counseling to help you meet your goals.

### **Weekly Group Classes:**

- 12: one hour classes on nutrition, physical activity & behavior change.

### **Support Group Classes:**

- Ongoing weekly or monthly support group.

### **Intensive Treatment Options:**

- Weight Loss Medications
- Inpatient treatment
- Bariatric Surgery

Intensive treatment options only available after a minimum of 3-12 months if requirements are met.

# *To enroll in the MOVE program...*

You need to attend  
"MOVE Orientation"

MOVE Orientation is available  
daily Monday through Friday  
at 2:00 p.m. in room 170.

**Please make an appointment  
for MOVE Orientation:**

Call (605) 336-3230  
-or- (800) 316-8387  
Ext. 6292 or 5992

**The National Center  
for Health Promotion  
and Disease  
Prevention presents:**



**Weight  
Management  
Program for  
Veterans**

